



# REGULATIONS

## 1. PLACE / VENUE

Quartier du Flon in Lausanne – Switzerland

The competition starts on April 23<sup>rd</sup> at 16:00 local time.

## 2. TERMS AND CONDITIONS OF PARTICIPATION

Participation is by Invitation only.

8 Mixed Teams (F/M) Competition:

- **AMBASSADOR**
- **AUSTRIA**
- **FRANCE**
- **GERMANY**
- **GREAT BRITAIN**
- **ITALY**
- **SWITZERLAND**
- **INTERNATIONAL**

## 3. COMPETITION REGULATION

The Competition will follow the IWF Technical and Competition Rules & Regulations ([IWF TCRR](#)), with the following exceptions:

All teams must give their entries (team) total at the Weigh-In.

The Competition will be conducted by 'modified' Round Robin with special rules:

- Teams can make changes to their first attempts up until the expiration of the ten (10) minute countdown. After the countdown has completed, no more changes will be allowed to the first attempts.

- Unlike the IWF TCRR, all attempts will be taken by rounds. This means that all first attempts (1<sup>st</sup> round) must be taken one by one (team by team), starting with the lowest weight, and increasing. After all, first attempts are completed, all second attempts (2<sup>nd</sup> round) must be done in the same way, which will be followed by the 3rd attempts (3<sup>rd</sup> round).
- Two (2) minutes is allocated to each team between the (automatic) calling and the beginning of the attempt. The timing clock starts automatically after the Team has been called. All teams has 2 minutes per round to complete the two lifts (F/M). The timing clock will pause during the lifting of the first team member, and it will continue after the referees have made the decision.
- For a "**Good Lift**", both athletes must perform a "Good Lift". If one of the two athletes performs a "No Lift", it counts as a "**No Lift**" for the team.
- As soon as the team has completed their attempt in the 1st or 2nd round for the Snatch or Clean and Jerk, if the lift was successful the system will automatically increment the weight for the next round by two (2) kg (1 kg per athlete), if the lift was unsuccessful the system will automatically retain the same weight for the next round.  
After an unsuccessful lift, it is allowed to change the load distribution and the lifting order within the team before each round, an athlete can even lower her/his load if it is compensated by the other athlete and the total must be the same or higher than the previous lift.
- Changes can only be made in the two (2) minutes between each round.
- After the completion of the 3rd round of snatches there is a fifteen to twenty (15-20) minute break to allow the athletes to warm up for the Clean & Jerk, during the break the athletes (teams) may make changes to their first C&J attempt. Once the allocated time has expired no further changes will be allowed for the 1st round of the C&J.

### Competition Ranking

After each round the results of each member of the team will be converted into [Robi points](#) and the best total Robi points of the teams will determine the ranking.